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H1N1 flu vaccine available in county

By Brock Letchworth
The Daily Reflector

Wednesday, October 07, 2009

Pitt County has gotten its first batch of the H1N1 flu vaccine, but it is less than anticipated so officials say it is being reserved for those needing it the most.

Jo Morgan, public health director for the county, said Pitt has received about 900 doses this week. The first 200 were distributed to private providers and given to people most vulnerable to complications from the virus.

Health officials are offering the other 700 doses by appointment only to healthy children ages 2-4 and healthy adults younger than 50 years old who serve as the primary caregivers for children younger than 2 years old.

The nasal vaccine is not approved for use in children younger than 2 years old.

“We have had to do this with our seasonal vaccines in the past,” Morgan said. “Eventually we are able to give it to everybody, but the whole concept behind the priority and target groups is they are the people at most risk for complications from the flu. They would have a greater chance of the flu resulting in hospitalization or possibly even death.”

Pitt County public health has requested more than 150,000 doses in all.

“The decision to vaccinate these two groups of people is due to the small amount and type of vaccine currently available and the evidence that children under 5 years of age are at greater risk of experiencing complications from influenza,” Pitt County Public Health Director John Morrow said.

East Carolina University Brody School of Medicine officials said they received about 1,800 doses earlier this week with most of them going to the pediatrics department. A Pitt County Memorial Hospital spokeswoman said they have not yet received any doses.

Since the first round of vaccines are only available in the nasal mist form, they are not being targeted to pregnant women or people with asthma and compromised immune systems. Both groups are among those the Centers for Disease Control lists as at-risk populations.

The CDC has recommended certain groups to be the first to receive the H1N1 vaccines. They include people who live with or care for children younger than 6 months, health care and emergency medical services personnel with direct patient contact and healthy children ages 2-4.

“If they can't take it, we are trying to get it to the folks who are in the closest contact with them,” Morgan said.

The first round of vaccines was distributed to counties based on population. Shipments eventually will include shots for H1N1 that are considered safe for most populations, Morgan said. She was not certain when those shots will be available.

Private providers receiving the first doses include physicians and pharmacies.

The H1N1 vaccine is not intended to replace the seasonal flu vaccine, the CDC says. Both vaccines can be administered on the same day.

Anyone in the targeted groups who would like to make an appointment for the H1N1 vaccine can call the health department at 902-2321 or 902-2342.
Contact Brock Letchworth at bletchworth@coxnc.com or (252) 329-9574.

Get The vaccine

Pitt County public health is currently offering the H1N1 flu vaccine by appointment only to:

Healthy children between ages 2-4

Healthy adults under the age of 50 who serve as the primary caregivers for children under 2 years old.

Call 902-2321 or 902-2342 to set up an appointment.
City Council to address funding for displacement of local business owners

The Daily Reflector

Wednesday, October 07, 2009

Business owners who may be displaced by the Stantonsburg Road-10th Street Connector project will have the chance to ask for additional relocation funding at tonight’s Greenville City Council meeting.

Discussion of the issue was scheduled for a September meeting, but was postponed because of a miscommunication between City Manager Wayne Bowers and Councilwoman Rose Glover, who initiated the agenda item. She was concerned business owners had not been notified about attending the meeting.

The project is intended to connect East Carolina University and Pitt County Memorial Hospital by a four-lane road with a median, bike lanes and sidewalks.

There are three design plans under consideration, each of which widen Farmville Boulevard in varied directions. Project Manager David Brown said the project steering committee — comprised of two city officials and representatives from the N.C. Department of Transportation, ECU and PCMH — must still receive environmental and other assessments before a decision will be reached.

The state DOT, which is partnering with the city on the project, oversees purchasing land for the road and right-of-way. It also provides relocation benefits to affected renters, business owners and homeowners. However, the City Council adopted a supplemental relocation program for homeowners in 2007. Business owners say they’d like a similar program and have felt largely overlooked during the connector’s development.

City staff recommends the city council receive comments from business owners and discuss potential actions.
N.C. to impose 'fat tax'

RALEIGH -- North Carolina is poised to become only the second state to impose a fat fee on its state employees by placing them in a more expensive health insurance plan if they're obese.

Smokers will feel the drag of higher costs, too, as North Carolina state employees who use tobacco are slated to pay more for health insurance next year.

North Carolina officials, coping with a steady uptick in health-care costs for state employees each year, are aiming to improve state workers' health, which saves money in medical expenses.

"Tobacco use and poor nutrition and inactivity are the leading causes of preventable deaths in our state," said Anne Rogers, director of integrated health management with the N.C. State Employees Health Plan. "We need a healthy workforce in this state. We're trying to encourage individuals to adopt healthy lifestyles."

State workers who don't cut out the Marlboros and Big Macs will end up paying more for health care. Tobacco users get placed in a more expensive insurance plan starting in July and, for those who qualify as obese, in July 2011.

Some state employees, though, are criticizing the planned changes. The State Employees Association of North Carolina opposes the tobacco and obesity differentials as invasive steps that could have been avoided if the legislature had fixed the plan.

'An invasion of privacy'

"It's my understanding they're talking about testing [for tobacco use] in the workplace which, to me, would create a hostile environment," said Kim Martin, a sergeant at Piedmont Correctional Institution in Salisbury. "And it's an invasion of privacy. This is America, the land of the free. I don't think [body mass index is] a very good measure. I know some folks who would have a high body mass index because they're muscular."

The health plan covers more than 600,000 state employees, retirees and teachers at a total cost last year of $2.6 billion. Last spring, the legislature bailed out the plan with an infusion of $250 million to pay the bills after rising costs and inaccurate projections left little money for claims. Over the next two years, the state general fund will pump about $408 million into the health plan.

Although officials have not yet estimated any potential savings from the obesity requirement, the higher costs for smokers could save $13 million in the 2010-2011 budget year, Rogers said, emphasizing that the plan's priority is to improve health and save money in the process.

The idea of penalizing unhealthy lifestyles and rewarding healthy conduct is hardly new among insurance plans. Public health insurance plans in other states already penalize smokers or reward nonsmokers in insurance costs. South Carolina's state employees health plan is scheduled to add a
$25-per-month surcharge on smokers in January. Elsewhere in the Southeast, Kentucky and Georgia impose surcharges, and Alabama gives nonsmokers a discount.

Weight checks

Alabama was out front on weight testing. Starting in January, state workers will have their blood pressure, cholesterol, glucose and body mass index checked by a nurse. If they're in a risk category, such as a body mass index of 35 or greater or a blood pressure of 160/100 or greater, they are charged an extra $25 per month on their insurance premium. If they go to a health screening, either offered by the state or by their personal physician, then the $25 is subtracted, according to Gary Matthews, chief operating officer for the Alabama State Employees Insurance Board.

North Carolina will allow state workers with a BMI of up to 40 to keep the discount, although some experts consider anyone with a BMI of 30 to be obese.

Private sector employers appear to have been targeting tobacco and weight in their insurance pricing ahead of state health plans.

Two risk factors

"We're beginning to see a lot of employers extremely interested in this," said Tim Smith, president of BioSignia, in Durham, which provides for private employers a system of measuring employees' risk factors for the onset of chronic disease. The company presents only aggregate data to the employers and does not disclose information about individuals, Smith said.

Tobacco and obesity are leading risk factors for ailments such as heart disease, stroke, type 2 diabetes and chronic breathing disorders. BioSignia is not under contract with the state health plan, but Smith said that employers like the state are trying to catch employees who are in pre-disease stages to save both lives and money.

Only a fraction of employers, though, offer financial incentives for healthy behavior or wellness programs, such as gym memberships or smoking cessation, according to a Kaiser Family Foundation study last year. Differences in employees' education, health literacy and access to basic health care could affect the usefulness of financial incentives in reducing health-care costs over time, the study said.

The results are not yet in. The higher costs for smokers and the obese don't appear to have been in place long enough for any state to boast of a healthier workforce yet, according to officials in several states.

Where is the data?

"I don't know that any states have a lot of hard data on this," Rogers said.

The policies have generated a backlash among at least a portion of state workers. Some workers are anxious about the idea of tests for smoking. The tests involve examining a saliva sample for cotinine, a derivative of nicotine found in the system of tobacco users. Health plan officials recognize those concerns and are getting ready to take bids from companies that will perform the tests. The state plan has not yet developed a procedure to monitor members for the obesity standard due to take effect in
"We're going to have to work out those logistics," Rogers said.

Martin, the prison sergeant in Salisbury, doesn't smoke but considers herself overweight. Instead of financial penalties, she would like to see financial subsidies.

"If they're going to hold us accountable," Martin said, "pay for a gym membership or part of a membership. Give us an incentive, a way to combat it."

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Shipment of H1N1 vaccine reaches N.C.

The first batch of H1N1 vaccine has rolled into North Carolina and is making its way to county health departments, but it's a tiny shipment aimed at some of the people most vulnerable to complications from the pandemic flu.

State epidemiologist Dr. Megan Davies said Tuesday that 52,000 doses of nasal spray vaccine have arrived and will mainly be targeted to healthy people ages 2 to 49 -- particularly children -- and people who tend infants.

"We're really pleased we got doses already," she said, noting that original predictions for delivery were mid-October.

Because this first batch of vaccine is the nasal spray, however, it will not be targeted to pregnant women or people with asthma and compromised immune systems -- groups the Centers for Disease Control and Prevention has said should be protected early.

Like seasonal FluMist, the H1N1 nasal spray vaccine is made with an altered form of the live virus that can cause problems for people with those conditions.

Additional shipments, which should arrive weekly, will include the normal flu shots that are considered safe for most populations.

The doses have been divided among the state's 100 counties based on population. In addition, four large health systems throughout the state were given small shares to distribute through their doctor networks: Duke University Health System, East Carolina University in Greenville, Novant in Charlotte and Wake Forest University Baptist Medical Center in Winston-Salem.

"We got 1,800 doses, which is less than 1 percent of our requested allotment," said Dr. Monte Brown, vice president of administration with the Duke health system.

He said the doses will be available for patient use rather than for health-care providers, who are among those the CDC wants to vaccinate early.

In Wake County, which received 3,500 doses, the vaccine will be available to eligible patients Thursday at the county's four health clinics. About 500 doses will be reserved for emergency responders and health-care workers.

Durham County has about 1,400 doses, said public health director Gayle Harris. She said staff will decide today how and where to distribute the cache of vaccine, and patients will likely be able to get doses by the end of the week.

"When you have such a small amount, it's hard to move forward," Harris said.

Harris noted that supplies of seasonal flu vaccine, which met high early demand, are dwindling and that
orders are backing up. Manufacturers have been taxed by the unusual year, having to churn out two rounds of vaccine -- one for seasonal flu and another for the H1N1 pandemic strain.

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Former NFL player stresses education in speech

By Earl Vaughn, Jr.
Scholastic sports editor

When Tony Collins enrolled at East Carolina University years ago, he was more concerned about playing college football than getting an education.

Today, the former Pirate star and NFL wearer is sending high school athletes and their parents a different message. "Put academics first, not athletics, in any bid to be a college athlete.

Collins works for a company called National Collegiate Scouting Association. He spoke to a small audience made up mostly of high school athletes at Douglas Byrd High School on Tuesday night.

Collins said his organization's message to high school athletes and their parents is it's never too early to start preparing for the college recruiting process. "You have to let kids understand it's all about graduating from college, not just playing a sport," he said. "The corporate world is looking for student-athletes."

One reason Collins stresses an early start to taking recruiting seriously is so the athlete can begin to focus on academics from his or her freshman year in high school. "It's all about the education part," he said. "Without the education, you're beating a dead horse."

Collins told the students that it was an important for them to know their grade point average as it was to know their statistics in the sport they play.

But even with good grades and good statistics, not every athlete is going to wind up at a NCAA Division I school. Collins said his organization takes that into account as well.

"We try to match kids with the right school so they can have a productive college career," he said. "That means they are going to be playing rather than walking on at a Division I school. Our thing is to let them know there's a wide spectrum of schools."

Collins stressed other common sense issues, including things like addressing college coaches respectfully, obeying their parents and choosing friends wisely.

Meghan Gerald, a senior who runs track for Byrd, said Collins' talk would have helped her even more had she heard it three years ago.

"I know a lot of good people who need to hear it," she said. "It will help them with the things they don't know and information that they need."

Xavier Cary, Douglas Byrd basketball player, thought as a senior it was too late for him to get recruited. Collins' talk changed his mind.

"Hopefully if I'm good enough, I'll get some scholarship offers," Cary said.

For more information on Collins' organization, go to www.ncsasports.org.

Scholastic sports editor Earl Vaughn Jr. can be reached at vaughane@fayobserver.com or 486-3516.

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Head starts for college saving

RALEIGH -- The U.S. House of Representatives has passed a student loan reform bill that will likely result in significant changes to the way college students finance their educations. Such reform is needed. However, the overwhelming costs and debt associated with higher education call on us to consider the role of savings in college financing.

A recent study by the Pew Charitable Trust found that the cost of higher education has increased by 50 percent over the past 10 years, while median income grew by just 3 percent. Students and their families are increasingly taking on significant levels of debt -- in North Carolina, the average debt per graduate is approximately $17,000. Credit cards are increasingly being used to finance educational costs; half of college students nationally have four or more credit cards.

Policymakers should make it easier for more families to save for college, rather than financing their children's education with debt alone.

Despite tremendous efforts to make college affordable in our state through programs like Learn and Earn and the Carolina Covenant, students continue to struggle to pay for and complete college. Students at historically black colleges and universities (HBCUs) have been hit particularly hard by college costs and debt financing. The N.C. Institute of Minority Economic Development reports that students at North Carolina HBCUs have the highest aggregate loan rates in the nation.

Not only does a high level of debt have an immediate impact on the student -- increasing the likelihood of dropping out and denting credit scores -- there is also a broader impact. Higher education provides the best opportunity for children to move up the economic ladder, which benefits society's bottom line. The Pew Charitable Trust found that adult children with parents in the bottom income quintile nearly quadrupled their chances of moving all the way to the top quintile by obtaining a college degree. But in the face of repaying significant debt, many children, especially poor children, are failing to even enroll, and those who do are struggling to complete their degree.

Saving for college has a twofold effect: it establishes an expectation of college attendance early on for a child, and it can minimize the amount of debt or provide a cushion to reduce financial stress for a student. Children growing up with savings for college are more likely to do better in school, to graduate and be prepared for college. Children with savings accounts are also most likely to learn and retain financial concepts and lessons.

The key is to make saving for college feasible to those who will benefit the most -- students from low and moderate-income households. Two innovative proposals should be considered by lawmakers.

College 529 Savings Plans, which provide tax benefits to households that save regularly for education, are one important tool for starting to save early on. While limited data exist on who holds these accounts in North Carolina, it is evident from national research that low-income households are least likely to participate. Making college plans progressive by providing initial deposits and matching contributions to income-eligible households can allow even minimal monthly savings to grow to significant levels.
With just a small pilot program, Arkansas was able to leverage $250,000 in public dollars to encourage savings for nearly 500 children now planning to go to college. A cutting-edge policy tool expanding on the concept of college savings plans, children’s savings accounts, can also serve as a model for starting savings early. Such a policy provides children with a deposit at birth that grows over time and serves as a focal point for family and community support of a child’s educational aspirations.

An innovative opportunity proposed by the College Board at the federal level is to create an account for every child whose parents would qualify to receive a Pell Grant. Contributions by the government would be made each year based on parents’ eligibility, thus not relying on a single snapshot of a household’s ability to pay. The account would also earn interest and children would know from an early age that there is money being set aside for them to attend college.

At a time when many of our economic theories seem of questionable reliability, it remains clear that education is essential to economic success and mobility. North Carolina boasts the oldest public university in the nation and has long championed education as the key to economic growth. Now more than ever, our state must ensure that all North Carolina children have access to affordable educational experiences.

"College savings" need not to be quite the contradiction in terms that it has become for many families. Indeed, it should be a call to action to invest in the continuing education of our future workforce.

Alexandra Forster Sirota is director of policy and research at Action for Children North Carolina.
UNC-CH wants vigilance

CHAPEL HILL -- In a never-ending battle against hackers, the head of information technology at UNC-Chapel Hill has a message for campus workers: take ownership of your computer.

That's a core theme of a new policy that Vice Chancellor Larry Conrad is trumpeting on a campus where 80,000 computers and other electronic devices tap into the campus network.

Though the policy won't solve all of UNC-CH's network security problems, Conrad points to one piece of his proposal as an example of its larger philosophy: Employees with computers must keep their virus software and security patches up to date, just as they would for their personal computers.

"The practical reality is that information security is an afterthought for a lot of people," Conrad said. "It gets in the way. But it's a risk-management issue."

Many workers may simply not know they're expected to keep such security updates current, so part of Conrad's initiative is a campaign to educate workers.

Conrad will discuss his proposal with faculty members this week. It was being developed prior to the recent discovery of a security breach at UNC-CH's medical school that may have exposed research data related to 160,000 participants in a mammography databank, including 114,000 Social Security numbers.

Conrad wants clear, easy-to-read security guidelines that employees can understand, because on a campus as large as UNC-CH, the technology office cannot be the sole security officer, he said.

"The magnitude of the problem for a large research university really is quite substantial," he said. "For any one system, it's not rocket science, but the sheer volume, how do you get to them all?"

Universities are constantly dealing with hackers. Conrad said the university staved off 27 million attacks last year alone but concedes that there are occasional breaches. The medical school incident is thought to have originated in Ukraine, a part of the world where such attacks are common.

"There's a whole set of countries where [hackers] operate with impunity," he said. "There's no way to get at them."

The medical school intrusion was detected in July but may have occurred as far back as 2007. A hacker got into the Carolina Mammography Registry, a 14-year-old UNC-CH medical research project that stores and analyzes mammogram information submitted by radiologists across the state.

Conrad said he doesn't think the medical school hacker stole any research data. The school set up a telephone line for women who had submitted mammography information and were concerned. As of earlier this week, that call center, which has been open for nearly two weeks, has fielded about 230 calls, said Karen McCall, a UNC Health Care spokeswoman.
Obama Aims to Boost Funding For Pell Grants by $40 Billion

By Nick Anderson Daniel de Vise
and
Thursday, October 8, 2009

After three years of major increases in federal Pell grants for needy college students, President Obama aims to boost the aid further with $40 billion in funding over the next decade. But even that influx might not ensure that the grants will recover and sustain the purchasing power they once held.

Experts agree on the reason: soaring college costs.

In the late 1970s, the maximum Pell award covered more than two-thirds of tuition and fees for a public four-year university. In the 1980s, it covered roughly half of such expenses. In the last school year, it covered about a third.

"There is an increasing gap that students have to cover on their own," said Sandy Baum, a senior policy analyst for the College Board, in New York. "It's obviously a problem for students. They're working more; they're borrowing more."

Through grant increases, lawmakers have sought to ease the burden for millions of students such as Linda Abdulle. She faces higher tuition in her fourth year at Trinity Washington University than when she first enrolled. The bill is up 9 percent, to $19,360. But Abdulle's Pell grant has risen 32 percent in that time, to $5,350.

The larger Pell grants have helped Abdulle, 20, and her mother, a manager at a fast-food restaurant, who rely on an assortment of scholarships and loans to pay for the private Northeast Washington school. Abdulle's contribution has dwindled from about $400 a semester to $200. "Every little penny that you get really counts," she said.

U.S. Rep. George Miller (D-Calif.), chairman of the Education and Labor Committee, said that a student aid bill the House passed last month would strengthen the Pell program with $40 billion in additional funding, indexing it for the first time to inflation, but that it would not erase questions about spiraling tuition and fees.

"This is a very important round of resources to be made available to students and families," Miller said. "But clearly, for a host of reasons, the costs continue to rise faster than families and the federal government can keep up with them. . . . We've arrived at a point where we have to, in a most serious vein, ask about what's the future for financing higher education in this country."

The grants, launched in 1973 and named for Claiborne Pell, a longtime Democratic senator from Rhode
Obama Aims to Boost Pell Grant Funding by $40 Billion

Island, have become the bedrock of undergraduate aid. Coupled with state and school awards, Pell grants determine how much needy students must work or borrow to pay bills.

This school year, according to the Obama administration, about 7 million students from low- and moderate-income households will qualify for the grants through the Free Application for Federal Student Aid. The average award will be $3,611, and the maximum, $5,350. The total federal outlay: $25 billion.

The maximum Pell award has jumped since 2006 after it was frozen for several years at $4,050.

Skeptics say the grants give schools an excuse to raise tuition and fees, often at a rate well beyond inflation, at a time when state revenue shortages and endowment losses are squeezing universities.

"When you look at the overall trend, it is very clear that colleges and universities eat up all of this money, eventually," said Neal McCluskey of the Cato Institute, a public policy research foundation in the District. "It sort of gives them a constantly increasing budget."

But proponents say the program's aim is to help poor and low-income students who otherwise would be unable to attend college. "The person that we're trying to help here is the person who's on the brink," said Chris Lindstrom of U.S. PIRG, a District-based public interest advocacy group. "Folks who are one car breakdown away from not being able to go to school."

Two-thirds of Pell recipients have family incomes of $30,000 or less, according to a College Board analysis. Two-fifths are surpassing their parents by entering college, and one-tenth are single parents, according to federal statistics.

Sarah Pollard, 20, raised by a single mother in Silver Spring, is the first in her family to go to college. She works part time at a Nordstrom, studies full time at Montgomery College and draws the maximum Pell grant. The aid "enabled me to do everything that I'm doing today," Pollard said.

Dylan Winslow, 24, transferred to the University of Maryland this fall from Temple University. To cover $8,000 a year in tuition and fees, he holds two part-time jobs, earning $8.50 an hour as a lab assistant in the geography department and $25 an hour as a bouncer at a bar in College Park. He also has a student loan and the maximum Pell grant. "Any extra dollar will help," Winslow said.

Under the House bill, the grants would rise with the consumer price index, plus 1 percentage point, starting in 2011. The estimated maximum award in 2019 would be $6,900. To fund the increase, the bill would end subsidies to private student loan providers and establish the government as the direct lender for the entire federal student loan market as of July 1. The nonpartisan Congressional Budget Office projects that the lending overhaul would save $80 billion over a decade. About half of that would be channeled into Pell grants.

The House passed the bill Sept. 17 on a largely party-line vote, 253 to 171. Republicans criticized what they called a government takeover of lending and said the bill would cost more than advertised. The Democrat-led Senate is expected to take up a similar bill soon.

Sen. Tom Harkin (D-Iowa), chairman of the Committee on Health, Education, Labor and Pensions, said his proposal for Pell funding would mirror the House bill's. "This is one that goes directly to students based on need," Harkin said. "After all these years, we've got good data to show that increasing the Pell awards encourages low-income students to go to college."
Despite partisan divisions over the student aid bill, many Republicans also back the Pell program.

"It helps people, no question," said Rep. Howard P. "Buck" McKeon (R-Calif.), a senior member of the Education and Labor Committee. "There are people having a hard time who can benefit from it. It's more money in their pockets."

But McKeon said the government should prod colleges to contain costs, perhaps through the threat of withholding funds from those that jack up tuition the most. That, he said, would "address the root problem."

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